



Senior NEWS



301-258-6380

October 2007

The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

Harvest Ball

Rockville Senior Center

Thursday, Oct. 25

7 - 9 p.m.

1150 Carnation Dr., Rockville

Depart: 6:45 p.m. **Return:** 9:15 p.m.

Fee: \$12 **Deadline:** Friday, Oct. 19

Come dance the night away and celebrate the fall season at the Second Annual Harvest Ball. We have once again partnered with the Rockville Senior Center to offer an enchanting evening of light refreshments, terrific music and dancing. Live music will be performed by the John Brown Band. Free bus transportation will be provided from the Gaithersburg Senior Center or drive yourself (maps available at the front desk). Please indicate if you need a ride when you register.

Minimum: 15

Maximum on bus: 33

Mark Your Calendar

NOV. 1

"Dreamgirls" at Tobys

NOV. 8

Dewali Festival

NOV. 9

Veteran's Luncheon

NOV. 12

Center closed for Veteran's Day

NOV. 22 & 23

Center closed for Thanksgiving

NOV. 29

British Panto "Snow White"

NOV. 30

Trip to Cumberland, MD

DEC. 4

"Christmas Carol -1941" Arena Stage

C & O Canal/ Great Falls

Date: Thursday, Oct. 11

Depart: 10 a.m.

Return: 3 p.m.

Fee: \$15 (transportation, park admission, boat ride)

Deadline: Tuesday, Oct. 9

You won't want to miss this visit to beautiful Great Falls National Park and a chance to travel the historic C & O canal by boat. Lunch at the Italian restaurant Amici Mieì. Order from the menu and **pay in cash.**

Minimum: 20 **Maximum:** 33

Trip to Renwick Gallery

Date: Friday, Oct. 26

Depart: 10 a.m.

Return: 3 p.m.

Fee: \$5 (transportation only)

Deadline: Monday, Oct. 22

Visit the Smithsonian's Renwick Gallery for a docent tour of the "Going West! Quilts and Community" exhibit with lunch afterwards at Au Bon Pain. **Pay in cash.** Cafeteria style.

Minimum: 15 **Maximum:** 33

Dale Jarrett
Regales Us with Song
Tuesday, Oct. 30
12:45 p.m.

DIRECTOR'S UPDATE

Dear Members,

The upgrades to our Center started a few weeks ago and it is amazing what can be done in such a short time. The new ceiling tiles have been installed, most of the rooms have been painted, and the carpeting looks great. We are expecting that the laminate flooring will be installed by the time you receive this newsletter in addition to other enhancements. And, I don't think any of us are more delighted with the changes than the pool players who are enjoying their new enlarged billiard area. The bathroom renovations will take the longest to complete, but it will be worth the wait. We are anticipating that all will be completed by December 1. Please be patient with any interruptions. Every effort is being made to keep them to a minimum.

Last month's newsletter discussed how important the Montgomery County Nutrition Program is for many seniors who come to our Center. Participation in the program for those over the age of 60 has been a donation of \$4.50, or what the individual can afford. Due to changes in costs, the donation request has been increased to \$5.00 effective October 1. Not every senior is able to afford the full donation request. We thank you for giving what you can so that this very valuable program can continue.

Congratulations are extended to those who participated in the 12 week GOT Fit Walking Training Program to prepare for taking part in the Kentlands/Lakelands 5k event, Saturday, September 1. Each benefited by improving their fitness level, learning about health and wellness issues concerning seniors, and in the process, helped to raise needed dollars to assist at risk youth to attend the City of Gaithersburg summer camps through the Dolores C. Swoyer Scholarship Fund. We are very proud of you!

Grace



International Celebration

Tuesday, Oct. 23 at 12:30 p.m.

The Diversity Committee needs people to act as ambassadors to countries where they once lived, visited, or who have heritage from another nation. We will provide tables, a large world map, and small flags for each country. You can bring books, crafts, foods, souvenirs, etc. to show and tell. Contact Denise Mornini if you are willing to be part of this showcase of nations.

Oktoberfest

Kentlands Village Green

Free

Sunday, Oct. 14

Noon – 4p.m.

Don't miss this 16th annual German festival with dancing, food, beer, horses, music and more. Go on your own or sign up to ride the bus (Depart Center at 12:30 p.m. and return to Center at 3:30 p.m.).

Halloween Party

Wed., Oct. 31 at 12:45 p.m.

Dress up for the fun!

Veteran's Day Luncheon

Friday, Nov. 9

11:45 a.m.

Veterans eat free. Sign up early through the nutrition program.

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

The Senior News is Online!

You can now read the Senior News online.

Visit the City site:
www.gaithersburgmd.gov

WELLNESS PROGRAMS

Adventist Healthcare Community Screening Program

Wednesday, Oct. 3
10 – 11:30 a.m.

Advance registration is required for the following screenings. Please call 1-800-542-5096 to register. Walk-ins will be accommodated if time permits.

- ◆ **Vertical Auto Profile** test. The new standard of care for cholesterol risk assessment. No fasting required. \$57
- ◆ **Lipid Profile** for total cholesterol. 12 hours of fasting recommended. \$27
- ◆ **Homocysteine** test for heart disease and stroke. \$95
- ◆ **HsCRP** for diabetes. \$40
- ◆ **Glucose** test for diabetes. 12 hours of fasting recommended. \$5
- ◆ **Prostate Specific Antigen** \$40

Flu Shot Clinic

Wed., Oct. 17
12:30 – 2:30 p.m.

Flu shots will be administered to the community by RNs from Adventist Health Care for people 18 and older who do not have underlying health problems and/or who are at high risk for complications.

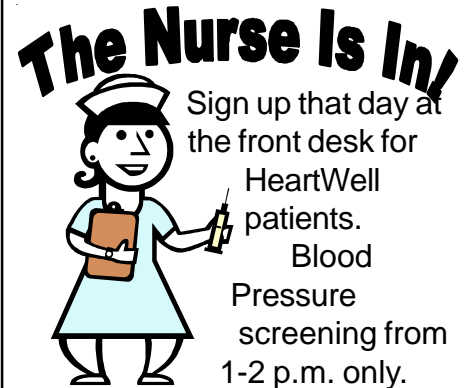
- ◆ Flu shots should NOT be given to those who:
 - ◆ Have a fever or acute respiratory infection
 - ◆ Have allergy to eggs
 - ◆ Have Guillian Barre Syndrome
- The shots are **free to Medicare Part B card holders** or there is a \$25 fee payable with cash or check. No insurance or HMOs will be accepted.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wed., Oct. 24

Time: 10:30 a.m. – noon



Fridays

9 a.m. - 3 p.m.

AND

Tuesdays

**10/2, 10/16 and 10/30
9 a.m. - 3 p.m.**

OCTOBER '07 Activities with Gaithersburg Chapter #5358 of AARP

Tuesday, Oct. 9, 2007 Monthly Meeting 4 - 8 p.m.

Because of renovations at the Senior Center, our meeting will be held in the main dining room at Sunrise Senior Living in Montgomery Village (19310 Clubhouse Road, on corner of Montgomery Village Ave.). We can provide rides. Please make arrangements ahead of time.

4:00 p.m. Game: Bingo (\$2 for 2 cards; choice of prizes).

5:30 p.m. Dinner: Chef Eli will prepare a tasty buffet (\$9).

6:10 p.m. Annual business meeting. Election of new officers and committee chairs, membership renewal, and annual reports will take place. The *AARP Divided We Fail* campaign will be discussed.

6:45 p.m. Program: Entertainment featuring **Dale Jarrett**. Come with requests and sing along. **(free)**

Registration for program and dinner/game payment is needed by 4 p.m. on Saturday, Oct. 6.

Tue., Oct. 16 1 p.m. Tour Group Meeting

Help us select our overnight trips (cruises, bus tours, etc.) for 2008. Advance planning gets us lower rates. The AARP Annual Event 2008 will be in Washington, D.C. from Sept 4-8. Information about this 50th birthday celebration and how you can get involved as a volunteer or a participant will be discussed.

Members of the Senior Center are invited to join in our trips and service projects and to attend any or all parts of our monthly Tuesday meetings. You are welcome to register a friend or family member for any activity. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) to 17605 Parkridge Drive, Gaithersburg, MD 20878. For more information on meetings, trips, or community service activities, contact Annette by phone 301-977-7936 or e-mail annettethompsonphd@yahoo.com

ACTIVITIES AND CLASSES AT THE CENTER

October Birthdays

- 1 Jennie Cruickshank
- 2 Georges Jacob
- 3 Majorie Baum
- 4 Maple Benjamin
- 4 Ruth Phillips
- 4 Joanne Hickman
- 5 Joyce Stohman
- 6 John Chiang
- 6 Shirley Webb
- 7 Julia Andre
- 7 Claire Crenshaw
- 7 Nancy Lamanna
- 8 Rose Dyer
- 9 Hester Mangrum
- 9 Namiko Suzuki
- 9 Edward An
- 10 Leslie Rushbrook
- 12 Rosa Sanchez
- 14 Tasharah Bey
- 15 Alice Johnson
- 15 Mohini Walia
- 16 Lucy Bramante
- 16 Gloria Mancuso
- 16 Harriet Zimmerman
- 18 Marsha Lasley
- 19 Wilma Penn
- 20 Susan Gruen
- 21 Gladys Stockwell
- 21 Wilma Brady
- 21 John Sharp
- 23 Marie Craig
- 24 Sandra Solomon
- 24 Anna Carroll
- 25 Thaddeus Moore
- 27 Hulda McLachlen
- 29 Mary Shamp
- 30 Im Hyoun
- 31 Deviben Thakkar



Celebrate October 25

Computer Classes



Free

TUESDAYS & FRIDAY

10 a.m. – noon (1 hour sessions)

Bruce Longyear offers personal attention for beginners or experienced individuals with questions.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.



Singing Seniors

Meet to practice every Wednesday in October at 11 a.m.

Learn to Read Music with

Betty Sewell

Wednesdays, Oct. 3 – 31

10 a.m.

Free

Core & More



Mondays and Fridays

3 p.m.

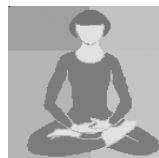
Strength, endurance and flexibility training geared toward the active older adult.

Crafts for Children's Inn at NIH

Tuesday, October 9

12:30 p.m.

Make crafts for children undergoing medical treatment at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions.



Yoga * Adapted for Seniors

Dates: Tuesdays, Aug 28 – Nov. 13 (12 sessions)

Time: 11 a.m.

Fee: \$36

Yoga poses and sequences in this class will be done on mats, seated, and standing next to chairs. You will increase your range of motion, improve your posture, and gain better balance.

Minimum: 10 **Maximum:** 20

Intermediate Pottery *

Dates: Wednesdays,

Oct. 10 - Nov. 28

(eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

Minimum: 6 **Maximum:** 8



Belly Dance and International Movement * *New*

Dates: Fridays, Nov. 2 - 30, no class 11/23

(eight sessions)

Time: 11 a.m.

Fee: \$20

Colleen Hood will bring music, scarves that jangle to tie on your hips, and a desire to share her love of this art form. You'll tone up as you move in new ways to lively music.

Minimum: 10 **Maximum:** 25



CLASSES

* *Late joiners are welcome!*

Ballroom Dance

Beginning - Intermediate

Dates: Tuesdays, Oct. 2 - 30
(five sessions)

Time: 3 p.m.

Fee: \$25

Dances include
foxtrot, tango,
swing, waltz, etc.

No partner necessary.

Maximum: 16



Learn to Play Pool

Wednesdays

10 a.m.

During this hour the pool tables are reserved for students.



"Ritmo Latino"

Thursdays at 11 a.m.
Move with Olympia Huff to
Latin rhythms.

New Class!

Qi Gong

(Free Demo on Tuesday, Oct. 16
at 1 p.m. at the Senior Center)

Location: Activity Center at
Bohrer Park

Dates: Mondays & Wednesdays
Nov. 5 - Dec. 3 (no class on 11/12)
eight sessions

Time: 10 a.m.

Fee: \$40

Elizabeth Shahan's approach to
Qigong utilizes three basic prin-
ciples in which the participant (1)
regulates the breath; (2) aligns
the posture; (3) practices with in-
tent or mindfulness. The purpose
is to increase energy, strength,
flexibility, and lung capacity while
reducing the effects of stress.

Beginning English *

Dates: Tuesdays - FREE

Time: 11 a.m.

Learn basic English. *

Conversational English

Dates: Tuesdays - FREE

Time: 12:30 p.m.

Participants discuss a range of
topics. All levels accepted.

Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

Knitters & Cross-Stitchers

Tuesdays at 9 a.m.

Quilting Work Session

Fridays at 12:30 p.m.

Bring your own materials and
equipment. Share experience
and ideas.

The following classes are sponsored by the
**J. B. & Maurice C. Shapiro Endowment for Women's Health
and Suburban Hospital HeartWell Program**

All classes taught by certified personal trainer: *Matt Rundell*

Weight Training

Dates: Wednesdays, Sept. 5 -
Nov. 28 (no class on 10/17)
12 sessions

Time: 12:30 p.m. **Fee:** \$15

Build bones and become stronger
using hand weights.

Minimum: 10 **Maximum:** 20

Flexible Strength

Dates: Wednesdays, Sept. 5 -
Nov. 28 (no class on Oct. 17)
12 sessions

Time: 1:15 p.m. **Fee:** \$15

This class blends strength with
flexibility, endurance, balance, co-
ordination, and concentration.

Minimum: 10 **Maximum:** 20

Stability Ball

Location: Activity Center/Bohrer Park

Dates: Thursdays, Sept. 6 - Nov. 29 (no class on Nov. 22)
12 sessions

Time: 10:30 a.m. **Fee:** \$12

Provide your own ball, or buy one from Matt. Learn how to use the ball
to strengthen your core muscles. Free bus transportation will be avail-
able from the center leaving at 10 a.m. and returning by noon.

Minimum: 10 **Maximum:** 20

Beading Workshop

Date: Friday, Oct. 12

Time: 2 p.m.

Fee: \$5

Zorah Kanga will show you how
to stitch together beads to make
patterns and shapes. Materials
provided.

Minimum: 3 **Maximum:** 6

AARP - 55 Alive: Mature Driving

Dates: Friday, Nov. 9 and 16

Time: Noon - 4 p.m.

Fee: \$10

◆ Learn to handle adverse driving
conditions and traffic hazards.

◆ Learn about the effects of aging
and medication on driving.

◆ You must attend both days.

Some automobile insurance
companies give you a discount.

Minimum: 10 **Maximum:** 25



The Gaithersburg Upcounty Senior Center


OCTOBER 2007

www.gaithersburgmd.gov



Gaithersburg
301-258-6380

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9am Exercise 10am Exercise 11am Step 2 Music 11am Stroke Support 11am "Crooners" Lecture 12:30pm Mah Jongg 12:50pm Bingo 2pm Embroidery 3pm Core and More <i>"Puttin on the Ritz" at La Fontaine Blue</i>	2 8:30am Stick Class 9am Energize 9am Cross Stitch/Knit 9:30am Poker 9:30am Watercolor 10am Computer Help 10am Chair Exercise 11am Beg. English 11am Yoga 12:30pm Bridge 12:30pm Conversation Eng. 1pm Mah Jongg 3pm Ballroom	3 9am Exercise 10am Exercise 10am Int. Pottery 10am Learn Pool 10 am Learn Music 10 am Lipid Cholesterol 11am Step 2 Music 11am Singing Seniors 11am Meditation 12:30pm Weight Training 1pm Crochet 1:15 Flexible Strength 1 pm Crochet 2pm Watercolor Style	4 8:30am Stick Class 9:30am Poker 9am Energize 10am Chair Exercise 10:30 am Stability Ball 11am Ritmo Latino 12:30pm Bridge 12:45pm Hispanic Book Club	5 9am Exercise 10am Exercise 10 am Computer Help 10:30am Watercolor 10:30am Learn Mah Jongg 11am Belly Dancing 12:50pm Bingo 1pm Quilting 3pm Core and More	
7	8 9am Exercise 10am Exercise 11am Step 2 Music 11am Stroke Support 12:30pm Mah Jongg 12:30pm Internal Light 12:50pm Bingo 2pm Embroidery 3pm Core and More <i>National Aquarium in Baltimore</i>	9 8:30am Stick Class 8:30am Stick Class 9am Cross Stitch/Knit 9am Energize 9:30am Poker 9:30am Watercolor 10am Computer Help 10am Chair Exercise 11am Beg. English 11am Yoga 12:30pm Bridge 12:30pm Conversation Eng. 12:30pm Children's Inn 1pm Mah Jongg 3pm Ballroom	10 9am Exercise 10am Exercise 10am Int. Pottery 10am Learn Pool 10 am Learn Music 11am Step 2 Music 11am Meditation 11am Singing Seniors 1pm Crochet 1:15 Flexible Strength 2pm Watercolor Style Lunch Bunch to Famous Daves	11 8:30am Stick Class 9am Energize 9:30am Poker 10am Chair Exercise 10:30 am Stability Ball 11am Ritmo Latino 12:30pm Bridge 12:45pm Hispanic Book Club Arts Barn FREE Preview  <i>Tour of Great Falls C & O Canal</i>	12 9am Exercise 10am Exercise 10 am Computer Help 10:30am Watercolor 11am Belly Dancing 12:50pm Bingo 1pm Quilting 2 pm Beading Work- shop 3pm Core and More <i>Nurse is In 9 a.m. - 3:00 p.m.</i>	13

14

Kentlands
Oktoberfest

15

9am Exercise
10am Exercise
11am Step 2 Music
11am Stroke Support
12:30pm Mah Jongg
12:30pm Internal Light
12:45pm "Young at Heart" Tap Dancers perform
12:50pm Bingo
2pm Embroidery
3pm Core and More
3pm Pool Committee

16

8:30am Stick Class
8:30am Stick Class
9am Cross Stitch/Knit
9am Energize
9:30am Poker
9:30am Watercolor
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Bridge
12:30pm Conversation Eng.
1pm Mah Jongg
1pm Qigong demo
3pm Ballroom

TOURNAMENT

17

9am Exercise
10am Exercise
10am Int. Pottery
10am Learn Pool
10am Learn Music
11am Step 2 Music
11am Meditation
11am Singing Seniors
1pm Crochet
2pm Watercolor Style

--- FLU SHOTS ---

18

8:30am Stick Class
9am Energize
9:30am Poker
10am Chair Exercise
10:30 am Stability Ball
11am Ritmo Latino
12:30pm Bridge
12:45pm Hispanic Book Club

19

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
11am Belly Dancing
12:50pm Bingo
1pm Quilting
3pm Core and More

Farm Museum and
Linganore Wine TourNurse is In
9 a.m. - 3:00 p.m.

20

21

22

9am Exercise
10am Exercise
11am Step 2 Music
11am Stroke Support
11am Medicare Lecture
12:30pm Mah Jongg
12:30pm Internal Light
12:45pm Balalaka Society Performers
12:50pm Bingo
2pm Embroidery
3pm Core and More

23

8:30am Stick Class
9am Cross Stitch/Knit
9am Energize
9:30am Poker
9:30am Watercolor
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Bridge
12:30pm Conversation Eng.
1pm Mah Jongg
3pm Ballroom

International
Celebration

24

9am Exercise
10am Exercise
10am Int. Pottery
10am Learn Pool
10am Learn Music
10:30pm Blood Pressure
11am Step 2 Music
11am Meditation
11am Singing Seniors
12:30pm Weight Training
1pm Crochet
1:15pm Flexible Strength
2pm Watercolor Style

25

8:30am Stick Class
9am Energize
9:30am Poker
10am Chair Exercise
10:30 am Stability Ball
11am Ritmo Latino
12:30pm Bridge
12:45pm Hispanic Book Club

Harvest Ball
with RockvilleBirthday
Celebration

26

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
11am Belly Dancing
12:50pm Bingo
3pm Core and More

Trip to
Renwick GalleryNurse is In
9 a.m. - 3:00 p.m.

27

28

29

9am Exercise
10am Exercise
11am Step 2 Music
11am Stroke Support
11 am "Respite Care" lecture
12:30pm Mah Jongg
12:30pm Internal Light
12:50pm Bingo
2pm Embroidery
3pm Core and More

30

8:30am Stick Class
9am Cross Stitch/Knit
9am Energize
9:30am Poker
9:30am Watercolor
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Conversation Eng.
12:30pm Bridge
1pm Mah Jongg
3pm Ballroom

Dale Jarrett
performs

31

9am Exercise
10am Exercise
10am Int. Pottery
10am Learn Pool
10am Learn Music
11am Step 2 Music
11am Meditation
11am Singing Seniors
12:30pm Weight Training
1pm Crochet
1:15pm Flexible Strength
2pm Watercolor Style

Halloween Party

ACTIVITIES AND TRIPS



Carroll County Farm Museum Lunch at Baugher's Restaurant and Tour of Linganore Winecellars at Berrywine Plantations

Date: Friday, Oct. 19

Depart: 9 a.m. **Return:** 6 p.m.

Fee: \$15 (includes transportation & museum and winery admission) You pay for your lunch.

Deadline: Monday, Oct. 15

This trip begins at the Carroll County Farm Museum in Westminster, where we get to experience mid-nineteenth century rural life with a tour of a historic farm. We move on to lunch at Baugher's Restaurant and Farm Market, famous for their home style cooking. Order from the menu and **pay in cash**. After lunch, we will head to Mt. Airy to take a tour of the Linganore Winecellars. We will follow the grapes from the vine to the bottle and learn about every step in between. Our tour will end with a tasting in one of their elegant tasting rooms.

Lots of Walking!

Minimum: 20 **Maximum:** 33

"Puttin' On The Ritz"

at LaFontaine Bleu

Glen Burnie, MD

Date: Monday, Oct. 1

Depart: 10 a.m. **Return:** 4:30 p.m.

Fee: \$49 (includes transportation, lunch, show, and tip)

FULL



"Dreamgirls" at

Toby's Dinner Theatre

Baltimore, MD

Date: Thursday, Nov. 1

Depart: 9 a.m. **Return:** 4 p.m.

Fee: \$44 (includes bus, show, buffet and tip)

Deadline: Tuesday, Oct 2 (trip cancelled if minimum not met)

This musical story, set in the 1960's is about the new beat of Motown music (like the Supremes, Shirelles and Temptations), of the dream of making it big in show business and all that comes with it, including the heartache, the breakups and the triumphs.

Minimum: 20

Maximum: 33



Cumberland House and Museum Tour

Date: Friday, Nov. 30

Depart: 8 a.m. **Return:** 6 p.m.

Fee: \$50 (includes transportation by motor coach, museum, lunch and dessert tea)

Deadline: Tuesday, Nov. 13

(Trip canceled if minimum not met)

We will begin our visit at the new Queen City Transportation Museum, where we will tour their collection of carriages, sleighs, and automobiles. Next we will eat lunch at the Manhattan Bar and Grill, menu choices are on the program sheet. We will end our trip with a costumed docent tour and elegant dessert tea at the Victorian Gordon-Roberts house, which will be decorated for the holidays.

Minimum: 40 **Maximum:** 46



Pool Tournament

Tuesday, Oct. 16

10 a.m. until a Champion is Declared!

Bring \$5 cash and sign up on tournament day. Rules of play are posted on the wall. Winner's name will be posted on the Champion plaque.

Minimum: 10



ACTIVITIES AND TRIPS

Lunch Bunch

Famous Dave's Legendary Pit Barbeque

917 Quince Orchard Rd.
Gaithersburg, MD.

Date: Wednesday, Oct. 10

Depart: 11:30 a.m.

Return: 1:30 p.m.

Fee: \$4 (transportation only)

Deadline: Tuesday, Oct. 9

St. Louis-style, pit-smoked spare-ribs, chicken, pulled pork and more. Order from the menu and pay in cash.

Minimum: 15 **Maximum:** 33

Meditation

Wednesdays
Oct. 10, 17 & 31
11 a.m.

Washington Balalaika Society

**Monday, Oct. 22
12:45 p.m.**

Russian folk musicians
perform on their distinctive
instruments.



LECTURES

How to Maximize Your Medicare Benefits

By Leta Blank of the
Senior Health Insurance Assis-
tance Program (SHIP)
Monday, Oct. 22 at 11 a.m.

The Medicare open-enrollment pe-
riod is approaching! Should you
consider making changes or getting
additional coverage? Please regis-
ter on the program.

What is Respite Care?

By Monique Wongus
Monday, Oct. 29 at 11 a.m.

Caregiving is a demanding task and
it is easy to neglect your own health
and well being when you are in-
volved with your loved one's needs.
Planned temporary, intermittent,
substitute care is available. Learn
more.

ATTENTION SENIORS

The Center will no longer be able to make reminder calls about trips. Please
mark your calendars when you sign up and arrive 15 minutes before your trip
departs.



FREE PREVIEW



"Dracula, the Musical?"

Thursday, Oct. 11 at 7:30p.m

A new twist on an old story, or is it? Audiences will delight in this riotous
tale of a family, a madhouse, and a new neighbor who happens to be a
count. Go on your own with as many guests as you like.

Trip to the National Aquarium in Baltimore

Date: Monday, Oct. 8

Depart: 9 a.m.

Return: 5 p.m.

Fee: \$23 (includes transportation, admission to
aquarium and dolphin show)

Deadline: Thursday, Oct. 4

Take advantage of an \$8 savings in ticket price. See "Animal Planet Aus-
tralia: Wild Extremes", "Frogs! A Chorus of Colors", the Dolphin Show
and much more. You can eat lunch at one of three cafes in the aquarium
(pay individually). Meet at the drop off point at 3:30 p.m. to return home.

Lots of walking.

Minimum: 20

Maximum: 33



"Crooners"

By Woody Seybert
Monday, Oct. 1 at 11 a.m.

In the big band years many of the
bands had vocalists - a female (the
band canary) and a male (the
crooner). This program starts with
one of the earliest crooners, Rudy
Vallee, and highlights Bing
Crosby, Frank Sinatra, Dick
Haymes, Perry Como, Ray Eberly,
Bob Eberle and a few of the lesser
known.

**Young at Heart Tap Dancers
Monday, Oct. 15**

12:45 p.m.

Watch Diane Podraczky's spirited
troupe use their feet as percussive
instruments.

SUPPORT SERVICES

Maryland Senior Legal Hotline

1-800-896-4213 ext. 7750

Monday, Tuesday, Wednesday and Friday: 9:30 a.m. - 3 p.m.

Thursday: 9:30 a.m. - 1 p.m., 6 - 8 p.m.

For residents of Maryland age 60 or older, this service allows you to talk to a lawyer about public benefits, long term care, neglect, Medicare, access to health care, exploitation, utilities, medical assistance, third-party decision making, landlord/tenant, consumer problems and more.

Stroke Folks

MONDAYS

11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Monday to play games, discuss the hot topics of the day and have lunch.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services

Call 301-258-6380 for an appointment.

Serving Your Wellbeing

Beginning in October **Gabriele Glynn**, social worker, will be joining our Center 20 hours a week. Also, **Jamie Born**, nurse through Suburban's Heartwell Program, has been at our Center every Friday and will start to be here every first, third and fifth Tuesday as well. We are very fortunate to have these caring health professionals.

US Wellness Screenings

Friday, Nov. 2

9 a.m. - 3 p.m.

We will be offering screenings for stroke and vascular disease, cholesterol, osteoporosis, lung function and more. Prices are from \$30 - \$199. Appointments are necessary and can be made by calling 301-926-6099 or by visiting www.USWellness.com.

Caregiver's

Call 301-258-6380 for support group information.

Internal Light

Monday, Oct. 8 & 22

12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision. For information call 301-881-0100 x 6748.

Senior Nutrition Program

Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than

2 p.m. the day before the reservation is needed. The full cost of the meal is \$5. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!



In Sympathy



*Sympathy is extended to the family and friends of
Beverly Scafide who recently passed away.*

Noticias de Mucho Interes para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	25 de octubre	12:45 p.m.
Tomarse la Presión	24 de octubre	10:30 a.m.

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

INGLES - Conversacion

Día: martes

Gratis! Hora: 12:30 p.m.

DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCENDO LAS PREOCUPACIONES

Por los Autores: George y Helen Jesze

Día: Jueves

Hora: 12:45 – 1:45 p.m.

Dirigido por: Luz Maria Freytes

RITMO LATINO

Día: jueves **Hora:** 11 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con sabor Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. ¡No se lo pierda!

CAMPEONATO DE BILLAR

Día: martes 16 de octubre

Hora: 10 a.m. hasta que se declare el campeón

Costo: \$5. en cash (por favor pague ese día)

Las reglas de cómo jugar el campeonato estarán expuestas en la pared. El nombre del campeón estará en la placa colocada en la pared.

TALLER DE GEMAS

Día: viernes 12 de octubre

Hora: 2 p.m.

Costo: \$5.

Zorah Kanga enseñará como pegar las gemas para hacer lindos diseños y formas de diferentes y preciosas joyas.

Mínimo: 3 **Máximo:** 6

VIAJE AL ACUARIO DE BALTIMORE

Día: lunes 8 de octubre

Salida: 9 a.m. **Retorno:** 5 p.m.

Costo: \$23 (incluye la transportación, admisión al acuario y show de delfines)

Fecha de vencimiento: jueves 4 de octubre

Durante este viaje usted podrá ver el planeta Animal de Australia, “Sapos, un coro de colores”, y el show de delfines. Si desea puede almorzar en cualquiera de las tres cafeterías del acuario. Usted pagará en efectivo por su almuerzo ese día. A las 3:30 p.m. el bus los recogerá del mismo lugar donde las dejó por la mañana.

Mínimo: 20 **Máximo:** 33

ALMUERZO EN HONOR A LOS VETERANOS

Día: viernes 9 de noviembre

Hora: 11:45 a.m.

Si usted es Veterano, su almuerzo será gratis. Por favor ordénelo a travez del Programa de Nutrición.

BAILE DE GALA

En el Centro de Rockville
1150 Carnation Drive, Rockville MD

Día: jueves 25 de octubre

Hora: 7 a 9 p.m.

Salida: 6:45 p.m. **Retorno:** 9:15 p.m.

Costo: \$12

Fecha de vencimiento: viernes 19 de octubre

Venga y celebremos juntos con los Seniors del Centro de Rockville bailando con buena música de la banda del señor John Brown. En este segundo baile anual de gala estaremos celebrando el otoño. Se les ofrecerá transportación gratis del Centro de Gaithersburg ó si desea puede irse en su propio vehículo (les proveeremos direcciones de como llegar al Centro de Rockville) Por favor indíquenos en la hoja del programa.

Mínimo: 15 **Máximo:** 33

VIAJE A LA GALERIA DE RENWICK

Día: viernes 26 de octubre

Salida: 10 a.m. **Retorno:** 3 p.m.

Costo: \$5

(solamente la transportación)

Fecha de vencimiento: lunes 22 de octubre

Observando las exhibiciones de la comunidad y colchas coloridas. Después iremos a almorzar al restaurante/cafeteria “Au Bon Pain”.

SOCIEDAD DE WASHINGTON – BALALAIKA

Día: lunes 22 de octubre

Hora: 12:45 p.m.

Los músicos folklóricos de Rusia nos deleitarán con sus distintivos instrumentos.

DALE JARRETT

También nos alegrará con su linda músicaailable el día martes 30 de octubre.

ALMUERZO EN GRUPO AL RESTAURANTE FAMOUS DAVE’S

Legendario para la Barbacoa
917 Quince Orchard Road

Día: miércoles 10 de octubre

Salida: 11:30 a.m. **Retorno:** 1:30 p.m.

Costo: \$4 (solamente la transportación)

Fecha de vencimiento: martes 9 de octubre En éste restaurante usted podrá ordenar del menú deliciosas costillas a la barbacoa, pollo y otras comidas más. Usted pagará en efectivo por su almuerzo ese día.

VIAJE AL

C & O CANAL/GREAT FALLS

Día: jueves 11 de octubre

Salida: 10 a.m. **Retorno:** 3 p.m.

Costo: \$15 (este costo incluye la transportación, admisión al parque y paseo en bote).

Fecha de vencimiento: martes 9 de octubre

No se pierda este maravilloso viaje a las Cascadas del Parque Nacional de Great Falls y visitar el histórico C & O Canal en bote. Después almorzarán en el restaurante Italiano Amici Mie. Puede ordenar del menú y pagar en efectivo por su almuerzo ese día.

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
John B. Schlichting

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431**

OCTOBER 2007

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. **Place a check mark in the box by the activities you want to attend.**

Name _____ Telephone _____

Street _____ City/St/Zip _____

Registration begins October 5, 2007 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
23347	Intermediate Pottery	Oct. 10 – Nov. 28	\$8
23346	AARP – 55 Alive Mature Driving	Nov. 9 & 16	\$10
23344	Qi Gong (no class Nov. 12)	Nov. 5 – Dec. 3	\$40
23158	Beading Workshop	Oct. 12	\$5
23345	Ballroom Dance – Beginning through Intermediate	Oct. 2 – Oct. 30	\$25
22995	Belly Dance and International Movement	Sept. 7 – Oct. 26	\$20
22955	Weight Training (no class Oct. 17)	Sept. 5 – Nov. 28	\$15
22956	Flexible Strength (no class Oct. 17)	Sept. 5 – Nov. 28	\$15
22992	Stability Ball (no class Nov. 22)	Sept. 6 – Nov. 29	\$12
22994	Yoga Adapted for Seniors	Aug. 28 – Nov. 13	\$36
23343	How to Maximize Your Medicare Benefits	Oct. 22	N/A
23155	Trip to National Aquarium in Baltimore	Oct. 8	\$23
23340	Lunch Bunch to Famous Dave's		
	<input type="checkbox"/> Transport	Oct. 10	\$4
23341	C & O Canal / Great Falls	Oct. 11	\$15
23342	Oktoberfest at Kentlands Village Green	Oct. 14	N/A
	<input type="checkbox"/> Transport		
23337	Trip to Linganore at Berrywine Plantations	Oct. 19	\$15
23336	Harvest Ball at Rockville Senior Center	Oct. 25	\$12
	<input type="checkbox"/> Transport		
23338	Trip to Renwick Gallery	Oct. 26	\$5
23152	"Dreamgirls" at Toby's Dinner Theatre	Nov. 1	\$44
23339	Cumberland House and Museum Tour	Nov. 30	\$50
	<input type="checkbox"/> Greek Chicken wrap		
	<input type="checkbox"/> Meatloaf sandwich <input type="checkbox"/> Fish sandwich <input type="checkbox"/> Unlimited Salad Bar		

Registrations will not be processed until the registration date.

Amount Paid \$ _____ Cash ☐ Check# _____

Visa/MC/Discover# _____ Exp. Date ____/____

Signature/Name on card _____



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐ **Check if you need special accommodations.**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____